

# THE MEDITERRANEAN EATING PLAN

USE 1 EXCHANGE OR MORE OF EACH DAILY, CHECK YOUR OWN GOALS

**One Exchange is:**

**1 cup raw**

**2 cups raw leafy greens**

**½ cup cooked**

**¼ cup dried**

**1 medium vegetable or fruit**

**½ cup juice (up to 2 servings/day)**

## DARK GREEN VEGETABLES

Broccoli	Brussels Sprouts
Chard	Dark Green Lettuce
Greens All Types	Grape Leaves
Kale	Nori (seaweed)
*Peas	Spinach
Watercress	Zucchini (with skin)

## RED VEGETABLES

*Catsup (2 T)	Salsa (¼ C)
*Spaghetti Sauce (¼ C)	
Tomatoes	Tomato Juice (½ C)
Tomato Paste (2 TB)	Tomato Sauce (¼ C)
**Tomato Soup (1 C)	V-8 Cocktail
*Pink/Red Grapefruit (½ med)	
*Guava	
*Watermelon (1 cup)	

## YELLOW/ORANGE VEGETABLES

Peppers (red, orange, yellow)  
 Baby Carrots (4)  
 Carrots (1 med)      Carrot Juice (¼ cup)  
 \*Pumpkin      Tangerines (2)  
 \*Winter Squash      \*Plantain  
 Can Veg. Soup (1C)      Vegetable Juice

## OTHER VEGETABLES

Artichoke	Asparagus	Baby Corn
Bamboo Shoots	Bean Sprouts	Beets
Bok Choy	Cabbage	Cauliflower
Celery	Chayote	*Corn
Cucumber	Eggplant	Fennel
Green Beans	Green peppers	Kohlrabi
Mushrooms	Okra	*Parsnip
Pea Pods	**Potatoes	Radish
Rhubarb	Rutabaga	Sauerkraut
Sugar Snaps	*Taro Root	Turnips
Water Chestnuts		

## ALLIUM FAMILY VEGETABLES

Use liberally

⇒ Garlic	Green Onion	Leeks
Onions	Scallions	Shallots
⇒ 2 cloves garlic = 1 tsp powder		

## GREEN CULINARY HERBS

Sprinkle liberally on food.

Basil	Bay Leaves	Chervil
Chives	Cilantro	Dill Weed
Marjoram	Mint	Oregano
Parsley	Peppermint	Rosemary
Sage	Savory	Tarragon
Thyme		

## CARBOHYDRATES

6-13 Exchanges/day

Make half "Whole Grain".  
 Choose grains **with less than 2 grams of fat unless made with an allowed fat.** One exchange is 1oz., ½-¾ cup cereal or 1 small slice.



\*This item has more carbohydrates than other choices: exchange ½ carbohydrate AND 1 vegetable for this choice.

\*\*Exchange 1 carbohydrate and 1 vegetable for this food choice.

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## USE 1 EXCHANGE OR MORE OF EACH DAILY, CHECK YOUR OWN GOALS

### HIGH MONOUNSATURATED FAT CHOICES (↑MUFA)

**7-10 exchanges/day**

**One Exchange is 5 grams of fat, 1 tsp. oil, or 2 tsp. nut butters.**

#### ✓Preferred Mediterranean Fat Sources

#### ✓Olives (10)

Avocado (1/6 med)

Hazel Nuts (10)

Macadamia Nuts (3-4)

Olive-it Spread (1½ tsp)

⇒*Recipe Provided*

⇒*Pesto (1 T)*

⇒*Tapenade (1 T)*

#### ✓Olive Oil

Avocado Oil

Hazel Nut Oil

Macadamia Nut Oil

⇒*Pretzel Nut Mix (2T)*

⇒*Trail Mix (4 T)*

### CHOOSE THESE FATS NO MORE THAN TWICE A DAY

Butter (1 tsp)

Almond/Cashew Butter (2 tsp)

Almonds/Cashews (6)      Pecans (4 halves)

Chocolate (½ oz or 1 T chips)

Light Cream Cheese (1T)      Pistachios (16)

### CHOOSE THESE FATS NO MORE THAN TWICE A WEEK

Canola Oil

Peanut Butter

Light Mayonnaise (1 TB)

Peanuts (10)

Canola Mayo

### AVOID THESE FATS

Brazil Nuts

Margarine

Safflower Oil

Sunflower Oil

Walnut Oil

Partially-Hydrogenated Oil & Shortening

Corn Oil

Vegetable Oil

Soy Bean Oil

Sunflower Seeds

Hydrogenated Oil

Shortening

Walnuts

Soy Nuts

### OMEGA-3 FATS

**2 or more servings/week**

Salmon

Bluefish

Whitefish

Sardines

Anchovies

Flax Oil

Trout

Herring

Flaxseed

### FRUIT LIST

**2-4/day**

**One Serving is 1 med. fruit, 1 cup raw cubed,**

**½ cup cooked, 2 T (¼ cup) dried**

**½ cup Juice (up to 1 serving/day)**

### VITAMIN C FRUITS

Cantaloupe

Kiwi Fruit

Mango

Tangerine (2)

Grapefruit

Lemon

Papaya

Guava

Orange

Strawberries

### OTHER FRUITS

Apple

Banana

Cherries (12)

Grapes (15-20)

Pineapple

\*Raisins

Star fruit

Any Other

Apple Sauce

Berries

Dates (3)

Melon

Plums (2-3)

Peach

100% Fruit Juice

Apricot (4)

Figs (2)

Nectarine

Prunes (3)

Pear

### MEAT/PROTEIN LIST

**5-9 oz/day**

Choose very low-fat and low-fat proteins most often. **Cretans chose legumes most often, fish 3/week, poultry 2/week and red meat 1/week.** Please choose high omega 3 fish 2/week. A standard portion is 1-4 ounces and counts as 1-4 exchanges. 3 oz is like a deck of cards. 1 oz low fat cheese = 1 oz protein, ½ cup legumes = 1 oz protein + 1 carb.

### MILK LIST

**2-3 exchanges/day**

Remember to **choose dairy products with no more than 2 grams fat per serving.** Non-fat dairy items are preferred. 1 exchange is 1 cup.

\*This item has more carbohydrates than other choices: exchange ½ carbohydrate AND 1 vegetable for this choice.

\*\*Exchange 1 carbohydrate and 1 vegetable for this food choice.

